

### Claims

1. A disposable ear plug comprising:

5 a disposable soundproofing sheet including a base sheet made of a crumplable paper or an artificial cell membrane, said base sheet containing water and oil blended with each other by using an emulsifier, said disposable soundproofing sheet being irregularly crumpled at the center part thereof to be inserted in a depression of an auricle while wholly covering an ear, thereby shielding a user from unpleasant noises.

2. The disposable ear plug as set forth in claim 1, wherein the base sheet of the disposable soundproofing sheet contains only oil.

10 3. The disposable ear plug as set forth in claim 1, wherein the base sheet of the disposable soundproofing sheet contains only water.

4. The disposable ear plug as set forth in claim 1, wherein the disposable soundproofing sheet includes attachment parts attached to corners thereof.

15 5. A disposable ear plug assembled with a headset equipped with a pair of adherence units for covering ears of a user and a plurality of medical magnets attached at regular intervals to surfaces of the adherence units so that eardrums of the user are located in a portion in which magnetic fields emitted from the medical magnets are overlapped with each other.

20 6. The disposable ear plug as set forth in claim 5, wherein the medical magnets attached to the adherence units correspond in position to Poonji-acupoints, Yeopoong-acupoints, and Cheongung-acupoints around the ears.